



Clinical Exercise Testing: Basic principles and practice

27-28 October 2022

Rome, Italy

Thursday, 27 October 2022

Session 1

08:00–08:30	Course registration
08:30–08:40	Welcome - P. Laveneziana, P. Palange
08:40–09:00	Introduction: why cardiopulmonary exercise testing (CPET)? - P. Laveneziana
09:00–09:45	Exercise physiology: the metabolic response to incremental exercise - S. Ward
09:45–10:30	Exercise physiology: the ventilatory response to incremental exercise - P. Palange
10:30–11:00	Coffee break
11:00–11:45	Exercise physiology: the cardiovascular response to incremental exercise - P. Agostoni
11:45–12:15	Equipment and methodology - R. Casaburi
12:15–13:00	The key variables and their meaning - P. Laveneziana
13:00–14:00	Lunch

Session 2: Practical session: incremental exercise testing

Participants and faculty split into four groups.

Equipment and test design

14:00–15:00	Group 1 - P. Onorati
	Group 2 - P. Laveneziana
	Group 3 - P. Palange
	Group 4 - M. Schaeffer

Test performance and interpretation

15:00–16:00	Group 1 - P. Onorati
	Group 2 - P. Laveneziana
	Group 3 - P. Palange
	Group 4 - M. Schaeffer

16:00–16:30	Coffee break
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All times are in Central European Time (CET).



16:30–17:45

Panel discussion (including data presentation / test reporting - P. Onorati, P. Laveneziana, P. Palange, M. Schaeffer

Friday, 28 October 2022

Session 3

08:00–08:30

Exercise physiology: the metabolic limitation to exercise - P. Onorati

08:30–09:15

Exercise physiology: the ventilatory limitation to exercise - M. Schaeffer

09:15–10:00

Exercise physiology: the pulmonary gas exchange and pulmonary vascular limitation to exercise. - P. Palange, P. Laveneziana

10:00–10:30

Coffee break

10:30–11:15

Field testing and methods for assessing physical activity - S. Singh

11:15–11:45

Exercise physiology: the cardiovascular limitation to exercise - P. Agostoni

Whiteboard session (participant questions, tips and cases)

P. Laveneziana

P. Onorati

11:45–12:30

P. Palange

P. Agostoni

M. Schaeffer

12:30–13:30

Lunch

Practical session: Constant work rate exercise testing

Participants and faculty split into four groups.

Equipment and test design

13:30–14:30

Group 1 - M. Schaeffer / P. Agostoni

Group 2 - P. Onorati

Group 3 - P. Laveneziana

Group 4 - P. Palange

Test performance and interpretation

14:30–15:30

Group 1 - M. Schaeffer / P. Agostoni

Group 2 - P. Onorati

Group 3 - P. Laveneziana

Group 4 - P. Palange

15:30–16:00

Coffee break

Session 4

16:00–17:30

CPET response patterns - S. Ward, P. Onorati, P. Laveneziana, P. Agostoni, P. Palange, M. Schaeffer

17:30–18:00

Closing remarks